

Wisconsin Masters Swimming

CHAIRMAN'S LANE

Dick Pitman

Newsletter Date
Nov/Dec, 2006

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WISCONSIN MASTERS

WEBSITE

[WWW.SWIM-
WIMASTERS.ORG](http://WWW.SWIM-WIMASTERS.ORG)

Check it out for the latest
meet results, state re-
cords, and MORE!

Be sure to see meet entry info
on Pages 4, 6, and 9 for **Mid-
dleton, Pabst Farms, and
Oshkosh SCY Meets!** Universal
meet entry form is on page 7.

The weeks since our Annual Meeting have been hectic. Except for the November 4 SCM meet at Lawrence in Appleton and the SCY meet in Madison on **February 11, 2007**, we failed (at our meeting) to get all of our meets scheduled as we usually do. Fortunately, things are coming together in a miraculous way. We are offering up some unique venues which should tease everyone to sign up for these meets! **December 10** marks a return after several years to Middleton High School in the Madison area. Middleton was closed all summer so they could renovate the pool depth and improve some other things there. Middleton fields one of the top high school swim teams in the state. I hope you can all come to experience this excitingly fast pool!

On **January 14** we will have our annual SCY meet

in Oconomowoc at Pabst Farms. This meet always brings out the crowd! We always look forward to going down the slide after the meet!

On **January 28** we will be holding our first meet at the Oshkosh YMCA which was built only in the last 5 to 8 years. **Melinda Mann** was instrumental in helping us establish this new venue. So, be sure to thank her when you see her in Oshkosh.

Our only Wauwatosa meet this year will be on **March 10**. If anyone wants to set up another meet around February 24 let me know. That weekend would be right in between the Madison and 'Tosa meets.

As of press time we have been unable to get a confirmed date for our Annual State Meet which we have been holding at Carthage College in Kenosha—a wonderful facility. We thought we were "plugged in" to March 24-25. However.....Since College events rightfully have priority we must work around their schedule. And this year it is complicated by trying to avoid conflicts with the YMCA Masters Nationals, Easter weekend, and Palm Sunday weekend. One option could be waiting until April 28-29 for the State meet. **IF** we were to go with that weekend it could open up a late March date (24th or 31st) for a 2nd meet at 'Tosa. At this point all I can say is watch the next newsletter (January) for an update on hopefully confirmed dates for any meets other than those already mentioned above as confirmed.

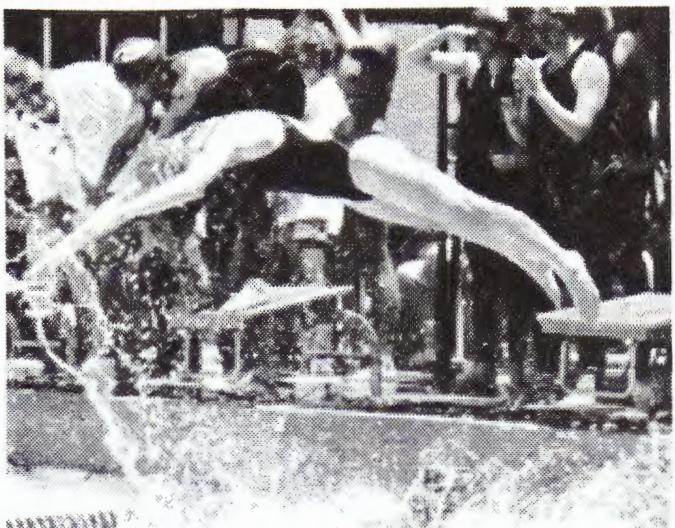
All is all, I think we've rallied to present a pretty good schedule this year. Thanks to **Jerry Lourigan, Fred Russell, Melinda Mann**, and, of course **John Bauman**. And, **Joel Rollings** is going to look into filling the last weekend in February with a meet in Whitewater.

Earlier in October I went to the UW Swimming and Diving Alumni weekend and had a long conversation with **Blaine Carlson** about the prospects for future events at the 3 year new Waukesha South HS pool. We talked about a meet, of course, but when he told me some things they can do technologically we started talking about a clinic. Perhaps I'll be able to impart some more news in this area in a subsequent newsletter.

There were some e-mails flowing through the airwaves regarding swim caps and T-shirts recently. I am pleased to report that we have some individuals working on creating a WMAC team cap and T-shirt. Thanks to all involved in this process.

Now that the new season is starting up be sure to log onto usms.org to check your position on the *Current Top Times* accessible under the Competition tab on the main menu. This is kind of a fun tabulation of all results (submitted) from meets across the country. Our own **Jeanne Seidler** is the maintainer of this list—so thank her when you see her!





Carrie Johnson "in flight" for her leg of a Mixed Free Relay.

You *know* you shouldn't eat them, but sometimes you just gotta have 'em—those dastardly delicious French fries! What's a person to do? Well, according to a study published in the Journal of American College of Cardiology, eating walnuts with a high saturated fat meal can limit the ability of the harmful fat to damage arteries. In the study volunteers ate two high fat meals (salami and cheese sandwiches and full fat yogurt) one week apart. With one meal they consumed five teaspoons of olive oil and with the other meal they ate eight walnuts. Both helped to decrease the sudden onset of inflammation and the oxidation of cholesterol in the arteries. But the walnuts also helped maintain the elasticity and flexibility of the arteries. However, don't think you can eat unhealthy fats on a regular basis and counter the effects by consuming walnuts, too. Instead, just make walnuts part of your healthy diet that limits saturated fats.

!!!!ATTENTION!!!!

Over the course of the next 9-12 months we will be converting from a snail-mail newsletter to having the newsletter appear on the Wisconsin Masters web page. The process will be gradual with an option available THROUGH 2008 for those who wish to still receive their newsletter via snail mail. There are a lot of logistics to work out in the next several months. However—it WILL happen! The newsletter will be accessed by one's USMS ID. In addition to the newsletter the entire current membership list will also be accessible with one's ID. Please direct any comments, pro or con, to any of our LMSC officers all of whom are listed on the front page of this newsletter.

Seeking ButterNuts!

What, you say, is a *ButterNut*? According to the Noblesville Adult Swim Team, Noblesville, IN, who started the group, it is an "exclusive" club for anyone who has swum a USMS legal (all regulation butterfly, no one-armed strokes or turns, fins, etc) continuous butterfly swim of at least 500 yards! Although "headquartered" in the Indianapolis area the ButterNuts Club is now nationwide. Members range in age from 9 to 80 years old and come from Maine, Texas, Montana, California, Hawaii, and many places in between. **Doug Strong**, 80, from Bloomington, IN., swam a 2,500! On the female side, **Dolly Slater**, from Maine, swam 1,100 yds of continuous butterfly stopping at that distance (after 40 minutes) because she was *bored*—not tired. Dolly's comment: "I'll gladly pay for the T-shirt and shipping. At 72 most other swimmers think that I'm nuts to swim butterfly distances, anyway. I might as well make it official!"

How to join? Simply have a witness who will vouch for your success. Then send the following information along with a \$30 check payable to Noblesville Adult Swim Team (for the T-shirt and shipping) to: 8001 Dowitch lane #E, Indianapolis, IN, 46260. Benefits Noblesville Adult Swim Team and Friends of Central Pool. Questions?

E-mail raenalex@hotmail.com

Name _____

Club Team _____

Street Address _____

City/St/Zip _____

Phone (_____) _____ E-mail _____

Distance butterfly completed (minimum 500) _____

Course type: SCY SCM LCM

Time (Optional) _____ Date Completed: _____

Age on date swum: _____ Witness: _____

T-Shirt Size S M L XL



John Bauman (L) is deep in thought and not distracted by Chris Stich, Darryl Stich, and Trina Schaetz (top-bottom) as they munch on a healthy snack between events.

The Wisconsin Water Warriors—2006
November 26—December 9, 2006A
In YOUR Pool!

Object of the Game: Log as many yards as you can swim in the designated two week period. You'll be competing against other swimmers in Wisconsin to record and turn in the most yards swam. The winner of each age category and the overall female and male winners will be awarded prizes, compliments of Adolph Kiefer & Associates. Overall teams logging the most yards will also be recognized. Winners will be honored at the WI State Meet where prizes will be distributed.

How to Participate: To participate in the contest simply e-mail or mail Stacey Kiefer your completed yardage form found below. Forms may be e-mailed to: Stacey@kiefer.com or mailed to Adolph Kiefer & Assoc., 1700 Kiefer Drive, Zion, IL 60099, Attn: Stacey Kiefer. In order to be eligible all forms must be received by December 20, 2006. You do not have to be on a registered swim team or be a registered USMS swimmer to compete in this contest. All are welcome!

Swimmer's Name: _____

Team (if applicable): _____ **Registered USMS swimmer (Circle)?** YES NO

E-mail Address: _____

Physical Address: _____

Age Group (Circle): 18-25 26-35 36-45 46-55 56-65 66-75 75-older

Gender (Circle): Female Male

Date **Yardage**

November 26: _____ December 4: _____

November 27: _____ December 5: _____

November 28: _____ December 6: _____

November 29: _____ December 7: _____

November 30: _____ December 8: _____

December 1: _____ December 9: _____

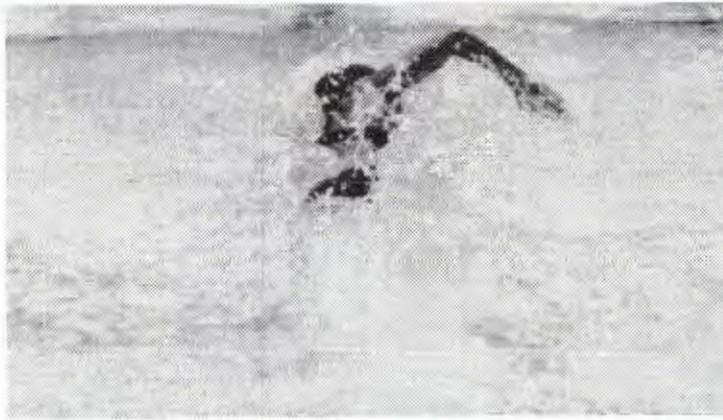
December 2: _____

December 3: _____ Total Yards: _____

(This contest is made possible with help from Official USMS Sponsor, Adolph Kiefer & Associates)

CORRECTION!

In the October newsletter I identified the announcer at the World meet incorrectly. It was **Mark Gill**, (not Mark Grilli), from Louisville, Kentucky, who kept us on our toes and with a smile on our face throughout 7 days of swimming. Mark is USMS Vice President of Membership and his sense of humor and devotion to Masters swimming is enjoyed by many people not only in his home state of Kentucky but throughout the Masters Swimming world.



A Healthier You

Eat a piece of dark chocolate. Recent studies show that it contains chemicals that fight tooth plaque buildup.

Julie Van Cleave has a nice high elbow recovery as she swims the freestyle.

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET
Sunday, December 10, 2006—Middleton-Cross Plains Area HS Pool (Madison area)

- Sponsored by:** Madison Area Masters—Wisconsin Masters Aquatic Club.
- Sanctioned by:** The Wisconsin LMSC for USMS, Inc. Sanction No. 206-007
- Location:** Middleton-Cross Plains Area High School Pool
2100 Bristol Street
Middleton, WI 53562
608-829-9863
- Date/Time:** Sunday, December 10, 2006; Warm-ups at 7:45 AM. Meet starts at 8:30 AM.
- Facilities:** 8 lane 25 yd pool with non-turbulent lane guides, starting blocks and backstroke flags. An attached diving area and new pool deck. PLEASE, NO SHOES ON DECK. EXCEPTION PLEASE TALK TO ERIC BREIDEL, AQUATIC DIRECTOR.
- Eligibility:** Open to all registered US Masters Swimmers (USMS). Must be 18 to be a registered Masters Swimmer. Each entry must be accompanied by a copy of the swimmer's current USMS registration card.
- Rules:** Official USMS Rules will govern the meet. All events will be timed finals.
- Seeding:** Heats will be computer seeded on the deck slowest to fastest. Please submit a reasonably accurate seed time. A NO TIME will be seeded in the slowest heat. Age groups and sexes will be combined to expedite the meet.
- Timing:** Automatic timing system backed up by watches. Swimmers will be expected help with timing.
- Warm-up** Lanes 1 and 8 will be a start and sprint lanes with swimming in one direction starting from starting block end of the lane. Lanes 2 through 6 will be for circle swimming only. NO DIVING STARTS from blocks or the deck in lanes 2 through 6. FEET FIRST ENTRY REQUIRED in a cautious manner in lanes 2-6. The use of hand paddles, kickboards, fins, or other equipment may not be used during warm up or in the warm up/cool down lanes during the meet.
- Entry Fee/
Facility Use Fee:** \$2.50 per individual event plus a **\$5.00 pool surcharge**. Deck entries for individual events will be accepted only until 8:00 AM. Seeding by time may not be guaranteed after a certain time during deck entries. The fee for deck entry is \$4.00 per event plus pool surcharge. Fees must accompany entries. Make checks payable to 'SWIM CLUB'.
- Entry Limit:** 5 individual events plus relays. THE 500 FREESTYLE WILL BE LIMITED TO THE FIRST 24 ENTRIES RECEIVED. Swimmers entered in the 500 are responsible for providing a person to count his/her laps.
- Entry Deadline:** Entries must be in the meet directors hands no later than 6:00 PM Saturday, December 2, 2006..
- Meet Director:** JERRY LOURIGAN, Middleton Swim Meet Phone: (608)-221-8167
5413 Camden Road e-mail: lourigan@chorus.net (best way to
Madison, WI 53716 contact me)
- Entry Form:** The official entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.

SCHEDULE OF EVENTS

- | | |
|-------------------------|--------------------------|
| 1. 50 yd Breaststroke | 11. 200 yd Free Relay* |
| 2. 400 yd IM | 12. 500 yd Free |
| 3. 100 yd Backstroke | 13. 100 yd Breaststroke |
| 4. 200 yd Free | 14. 200 yd Backstroke |
| 5. 50 yd Free | 15. 400 yd Free Relay* |
| 6. 100 yd IM | 16. 50 yd Fly |
| 7. 200 yd Breaststroke | 17. 200 yd IM |
| 8. 50 yd Back | 18. 200 yd Medley Relay* |
| 9. 400 yd Medley Relay* | 19. 200 yd Fly |
| 10. 100 yd Fly | 20. 100 yd Free |

***Relays:**

Submit relay entries at the meet. Relays may be all men, all women, or mixed (2 men/2 women)

Directions:

From the east on I-94 take I-39/I-90 (**from N and S you'll already be on this**) to 12 & 18 West (Beltline). West on Beltline (US 12) to US 14 (Spring Green/LaCrosse/University Ave exit 251). Keep right on ramp. Turn left onto University Ave. Turn north onto Bristol St.
From downtown Madison: University Ave West to North onto Bristol St.



Stacey Kiefer took a break from working the Kiefer products booth to swim the 400 IM at Nationals.

Short Course Meet Schedule 2006 - 2007

After many phone calls and much consternation our 2006-07 short course yard/meter meet schedule is finally taking shape! As of November 1, 2006, here is how things stand:

November 4: Lawrence SCM meet

Sunday, December 10: Middleton HS (renovated pool)

Sunday, January 14: Pabst Farms YMCA, Oconomowoc

Sunday, January 28: Oshkosh YMCA (new pool!)

Sunday, February 11: Madison East YMCA

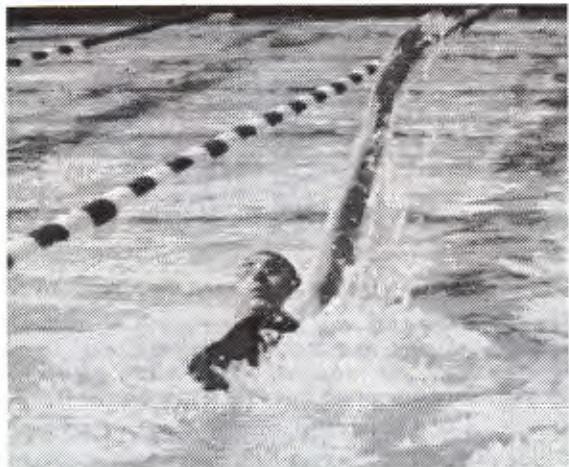
Saturday, March 10: Wauwatosa West

April 12-15: YMCA Masters Nationals, Indianapolis, IN.

May 17-20: USMS Nationals, Federal Way, WA.

Be sure to look for the State Meet dates and possibly another meet or two in late February and/or late March in the next edition of this newsletter!

This newsletter contains meet entry information for 3 different meets and ONE universal meet entry form. It is recommended that you make copies of the form for use in the 2nd and 3rd meets. Remember—you will be receiving your NEW 2007 card for use in the Pabst Farms and Oshkosh meet entries.



Nora Settimi—nice backstroke!

How many of you noticed that our LMSC Chairman, **Dick Pitman**, had a 7 day fall workout schedule published in the September/October issue of USMS Swimmer? Well, the workouts aren't in the magazine issue—they were mentioned there. However, you can download them by going to usmsswimmer.net and find them. He offers lots of variety and three different total yardage workouts—something for everyone! Check it out!

Sub-Clubs!

Dick Pitman

John Bauman reminded me that we have a New sub-club...YBAM...which is Badgerland Aquatic Masters. They are located in Wausau and are headed by **Nick Hansen** who used to be the Aquatic Director at the Stevens Point YMCA. Our other sub clubs are: **MAM** (Madison—**Jerry Lourigan**), **Carthage** (Kenosha—**Stacey Kiefer**), **Elmbrook** (Brookfield, Elm Grove—**Julie Van Cleave**), **Pabst Farms** (Oconomowoc—**Harry Evans**) **Waukesha Express** (Waukesha—**John Bradley**), **GBAM** (Green Bay Area—**Jeremy Moeller**), **Middleton Masters** (Middleton—**Paul Williams**). With the new Registration software from National we will have the ability to put a member's sub-club on the card...as long as the sub-club has paid its dues of \$25 by the end of the year. Check with **John** for clarification or confirmation of your sub-club status.

Bringing the family to the Pabst Farms meet? Come prepared. In addition to the competitive pool the Y also includes a separate recreation pool, a large water slide and a pool for infants. There is a large gym with indoor running track, an exercise machine and weight room and a climbing wall for pre-teen youth. The open times for these areas of the facility on Sundays are 10 AM for the gym and track, noon for the recreation pool, and 1 PM for the water slide.

Brute Squad—2006 Postal Event

Are you a glutton for punishment? Being a Butternut isn't enough of a challenge for you? Then try this postal event! Washington State University Masters Swimming, Sanctioned by Inland Northwest Masters Swimming for USMS Inc., Sanction #3561231P, is sponsoring the **Brute Squad**. "All" you have to do is to swim a 1650 free, a 400 IM, and a 200 fly all in one day. The events can be swum in any order with as much rest between as desired, but all three events must be swum in the same 24 hour day. Your swim must be accomplished between November 1 and December 31, 2006, you must be a USMS registered swimmer, and include a copy of your registration card with your entry. For much more detailed information, fees, relay events, awards, and official entry form contact **Doug Garcia**, 1505 NW Kenny Drive, Pullman, WA, 99163, phone: 509-332-1621 (before 9 PM PST), Dec 20-30 at 719-531-6961 (MST); douggarcia@usms.org. WSUMastersSwimming/BruteSquad.

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET
Sunday, January 14, 2007—Pabst Farms YMCA—Oconomowoc

Sponsored by:	The YMCA at Pabst Farms.																				
Sanctioned by:	The Wisconsin LMSC for USMS, Inc. Sanction No. 207-002																				
Location:	YMCA at Pabst Farms (YMCA telephone 262-567-7251) 1750 Valley Road Oconomowoc, WI 53066																				
Date/Time:	Sunday, January 14, 2007, Warm-up 8:00 AM—8:45 AM; Meet starts at 9:00 AM																				
Facilities:	8 lane 25 yard pool with anti-turbulent lane guides, starting blocks and backstroke flags.																				
Eligibility:	Participants must be a member of US Masters Swimming, and be 18 years old or older. A copy of the entrant's registration membership card MUST be attached where indicated on the entry form.																				
Rules:	Official USMS Rules will govern the meet. All events will be timed finals.																				
Seeding:	Heats will be computer seeded slowest to fastest. Please submit a reasonably accurate seed time. A NO TIME will be seeded in the slowest heat. Age groups and sexes will be combined to expedite the meet.																				
Timing:	Automatic timing system backed up by one watch per lane.																				
Warm-up Procedure	Lane 8 will be the designated start/sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1 thru 7 will be for circle swimming only— NO DIVING STARTS from the blocks or the deck in lanes 1 thru 7. Swimmers must enter the pool feet first in a cautious manner in lanes 1 thru 7. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period.																				
Entry Fees/ Facility User Fee:	\$2.50 per individual event plus a \$5.00 facility user fee for entries received up to one week prior to the event. No charge for relays. Deck entries for individual events will be accepted up to 8:00 AM the day of the meet. The fee for deck entries shall be \$4.00 per event, plus the \$5.00 user fee. Fees must accompany the entry form. Please make checks payable to YMCA at Pabst Farms .																				
Entry Limit:	5 individual events plus relays. 500 yd freestyle limited to first 28 entrants.																				
Entry Form:	The official Universal Meet Entry Form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.																				
Awards:	Ribbons for 1st, 2nd, 3rd.																				
Mail Entry to/ Meet Director	John Bauman 11917 W. Rainbow Ave West Allis, WI 53214-2116	Phone: (414) 453-7336 e-mail: wmacswim@sbcglobal.net																			
SCHEDULE OF EVENTS																					
<table><tr><td>1. 50 yd backstroke</td><td>11. 200 yd breaststroke</td></tr><tr><td>2. 400 yd IM</td><td>12. 500 yd freestyle</td></tr><tr><td>3. 100 yd freestyle</td><td>13. 200 yd butterfly</td></tr><tr><td>4. 50 yd breaststroke</td><td>14. 200 yd medley relay*</td></tr><tr><td>5. 200 yd backstroke</td><td>15. 100 yd backstroke</td></tr><tr><td>6. 100 yd butterfly</td><td>16. 100 yd breaststroke</td></tr><tr><td>7. 200 yd freestyle</td><td>17. 50 yd freestyle</td></tr><tr><td>8. 100 yd IM</td><td>18. 200 yd IM</td></tr><tr><td>9. 200 yd freestyle relay*</td><td>19. 400 yd freestyle relay*</td></tr><tr><td>10. 50 yd butterfly</td><td></td></tr></table>		1. 50 yd backstroke	11. 200 yd breaststroke	2. 400 yd IM	12. 500 yd freestyle	3. 100 yd freestyle	13. 200 yd butterfly	4. 50 yd breaststroke	14. 200 yd medley relay*	5. 200 yd backstroke	15. 100 yd backstroke	6. 100 yd butterfly	16. 100 yd breaststroke	7. 200 yd freestyle	17. 50 yd freestyle	8. 100 yd IM	18. 200 yd IM	9. 200 yd freestyle relay*	19. 400 yd freestyle relay*	10. 50 yd butterfly	
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10. 50 yd butterfly																					
*Relays:	Submit relay entries at the meet. Relays may be all men, all women, or mixed (2 men/2 women)																				
Directions:	Oconomowoc is located midway between Milwaukee & Madison, north of I-94. Exit I-94 on to State Hwy 67. Go north 2 blocks to Valley Road, turn east (right) on Valley Road. The Y is about 1 mile down Valley Road. <i>When entering the Y early on the morning of the meet, please use the entrance on the West side of the building as the main entrance does not open until 10:00 AM on Sunday.</i>																				
Post Meet:	Following the meet plan on stopping for lunch at the Delafield Brewhaus (262-646-7821). When leaving the Y turn left, go east about 1/2 mile to HWY P (Sawyer Rd), turn south (right) to I-94 and take I-94 east 3 miles to the Delafield Hwy 82 exit. Go south (right) two short blocks and turn east (left) on Hillside Drive. Meander one mile past the Home Depot and the Brewhaus is on the right. Good eating and excellent Masters socializing!																				

WISCONSIN MASTERS SWIMMING UNIVERSAL MEET ENTRY FORM

Meet Date _____

Meet Location _____

If a copy of your current registration card is in the box to the right you do not have to complete the personal information below, except for the phone number and E-Mail address

Sec. 202.1.1 F (2) of the USMS rules requires you to submit a copy of your current registration card with each meet entry.

Please place your current membership card here and make copies to be used when entering swimming meets.

NAME _____

MALE

FEMALE USMS NO _____

BIRTH DATE _____ AGE _____

Each meet may have different fees, please be guided by the specifics on the meet information page.

TEAM _____

HOME ADDRESS _____

CITY _____ STATE _____ ZIP _____ PHONE _____

E-MAIL ADDRESS _____

USMS rules limit a swimmer to no more than five individual events per day.

EVT #	EVENT	SEED TIME	EVT #	EVENT	SEED TIME
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

FEES PER MEET INFORMATION PAGE:

EVENTS @ \$ _____ ea. + pool surcharge \$ _____ = \$ _____

LIABILITY RELEASE

I, the undersigned participant, intending to be legally bound, hereby certify that I am physically fit and have not been otherwise informed by a physician. I acknowledge that I am aware of all of the risks inherent in Masters Swimming (training and competition) including possible permanent disability or death, and agree to assume all of those risks.

AS A CONDITION OF MY PARTICIPATION IN THE MASTERS SWIMMING PROGRAM OR ANY ACTIVITIES INCIDENT THERETO, I HEREBY WAIVE ANY AND ALL RIGHTS TO CLAIMS FOR LOSS OR DAMAGES, INCLUDING ALL CLAIMS FOR LOSS OR DAMAGES CAUSED BY THE NEGLIGENCE, ACTIVE OR PASSIVE, OF THE FOLLOWING: UNITED STATES MASTERS SWIMMING, INC., THE LOCAL MASTERS SWIMMING COMMITTEES, THE CLUBS, HOST FACILITIES, MEET SPONSORS, MEET COMMITTEES, OR ANY INDIVIDUALS OFFICIATING AT THE MEETS OR SUPERVISING SUCH ACTIVITIES. In addition, I agree to abide by and be governed by the rules of USMS.

Signed _____ Date _____

UMEF R2 10/03/03

Top Ten SCY for WMAC Individuals—2006

Trina Schaetz 33	Laurie Alioto 48	Betty Lorenzi 78	Bela Sandor 70
2nd 100 breast 1:10.34	2nd 200 fly 2:23.81	1st 50 back :43.06*	1st 50 breast :35.19*
3rd 50 breast :32.58	3rd 100 fly 1:05.13	1st 100 back 1:36.69*	1st 100 breast 1:17.05*
6th 50 free :25.34	5th 400 IM 5:11.77	1st 200 back 3:30.22*	1st 200 breast 2:52.92*
6th 100 free :56.64	5th 100 free 11:48.56	6th 50 free :39.99	3rd 200 IM 2:54.88
8th 50 fly :28.39	10th 200 back 2:27.39	6th 200 free 3:20.56	6th 50 back :36.41
Ryan Zahorik 29	Nancy Kranpitz 61	W Morgan Byers 77	Carol Reinke 68
1st 100 IM :52.58*	5th 50 free :31.96	6th 500 free 7:44.78	10th 200 breast 3:58.58
1st 200 breast 2:04.52*	6th 50 fly :36.33	7th 200 free 2:48.13	
2nd 100 breast :56.54	6th 200 fly 3:25.10	7th 1000 free 17:12.35	Andrew Steenrod 21
2nd 50 free :21.48	8th 100 fly 1:29.09	7th 200 back 3:30.54	10th 400 IM 4:38.72
3rd 50 breast :26.68	9th 100 free 1:14.29	7th 200 IM 3:22.36	
5th 50 fly :23.55	9th 100 IM 1:27.08	10th 100 back 1:34.71	Darryl Stich 30
10th 50 back :25.69			7th 400 IM 4:34.03
Geoff Mykleby 53	Melinda Mann 49	Cynthia Maltrey 51	Dan Schaetz 35
8th 100 back :59.85	1st 100 breast 1:12.49*	4th 100 IM 1:09.26	10th 50 breast :28.83
9th 50 back :27.68	1st 200 breast 2:41.20*	6th 50 fly :30.51	
Alex MacGillis 76	2nd 50 breast :33.48	8th 200 IM 2:37.73	William Payne 75
10th 100 fly 1:49.55			4th 100 fly 1:36.87
			7th 50 fly :40.94

Congratulations to all of our Top Ten honorees with extra congratulations to **Betty, Bela, Ryan, and Melinda**. By virtue of their multiple 1st place rankings (3 each for **Betty** and **Bela**, 2 each for **Ryan** and **Melinda**) they have been recognized as **All Americans** in these events. Please note that there were also several from our group who just missed out on All American status—finishing 2nd or 3rd in several events. **Congratulations** once again!

Top Ten SCY for WMAC Relays—2006

Men 25+ 200 FR	Men 25+ 200 MR	Women 25+ 200 FR	Mixed 25+ 200 FR
2nd 1:29.25	4th 1:38.90	6th 1:47.15	2nd 1:34.56
Darryl Stich 30	Laren Tiltmann 36	Krista VanEnkenvoort 32	Ryan Zahorik 29
Dan Schaetz 35	Ryan Zahorik 29	Carrie Johnson 34	Trina Schaetz 33
Laren Tiltmann 36	Dan Schaetz 35	Jessica Diel 25	Jessica Diel 25
Ryan Zahorik 29	Darryl Stich 30	Trina Schaetz 33	Laren Tiltmann 36
Mixed 25+ 200 MR	Mixed 65+ 400 FR	Mixed 65+ 800 FR	
3rd 1:45.56	3rd 6:45.21	5th 14:37.84	
Laren Tiltmann 36	Ingrid Stine 67	Ingrid Stine 67	
Ryan Zahorik 29	John Bauman 75	John Bauman 75	
Jessica Diel 25	Joanne Moder 68	Joanne Moder 68	
Trina Schaetz 33	Fred Salzmann 73	Fred Salzmann 73	



Geoff Mykleby and Darryl Stich

Bungee workout & Truck Ride Taper!

Nancy Kranpitz

I lost my pool July 1 (closed for 30 days of maintenance) - the final 5 weeks before Worlds! We drove to CA—four full days of sitting in a truck arriving 2 days before the start of competition. An ideal taper??? Hardly, I thought. However, in retrospect I think both issues contributed to my swimming times I hadn't approached in 20 (yes, twenty) years! My bungee workouts (tied to a dock in a local lake) allowed me to totally concentrate on technique—head down, high elbows, roll, etc., and I never had to worry about running into, or being run into by, other swimmers. I swam timed intervals—swim 1:45, rest 15 (for “100’s” - which was generous) and swim :50 rest :10 for 50’s—again, generous. So when I actually swam a 100 or a 50 at Worlds it seemed (and was) shorter than all those repeats! The 4 day drive forced me to rest! No house cleaning, no “it’s such a nice day for a kayak excursion”, no biking to the Post Office (it’s only a 6 mile round trip), just total rest topped off with a short RV park pool workout in the evening. My point? Just always try to make the best of what appears to be a bad situation! Oh, and the “topper” - I got to do all my July swimming outside in a beautiful crystal clear weed free lake!

WISCONSIN MASTERS SHORT COURSE YARDS SWIM MEET

Sunday, January 28, 2007—Oshkosh YMCA

Sponsored by:	The Wisconsin Masters Aquatic Club.	
Sanctioned by:	The Wisconsin LMSC for USMS, Inc. Sanction No. 207-001	
Location:	Oshkosh YMCA 3303 West 20th Ave Oshkosh, WI 54904 { 20th Avenue is Hwy K and is West of Hwy 41 }	
Date/Time:	Sunday, January 28, 2007. Warm-ups 7:45 AM. Meet starts at 8:30 AM.	
Facilities:	8 lane 25 yard pool with non-turbulent lane guides, starting blocks and backstroke flags.	
Eligibility:	Open to all Masters Swimmers 18 years old or older. All entrants must be a registered Masters swimmer and the USMS number must be on the entry. Each entry must be accompanied by a copy of the swimmer's current USMS registration card.	
Rules:	Official USMS Rules will govern the meet. All events will be timed finals.	
Seeding:	Heats will be computer seeded on the deck slowest to fastest. Please submit a reasonably accurate seed time. A NO TIME will be seeded in the slowest heat. Age groups and sexes will be combined to expedite the meet.	
Timing:	Automatic timing system backed up by watches.	
Warm-up Procedure	Lane 8 will be a start and sprint lane with swimming in one direction only and exiting to the side or end. Lanes 1 thru 7 will be for circle swimming only—NO DIVING STARTS from the blocks or the deck in lanes 1 thru 7. Swimmers must enter the pool feet first in a cautious manner in lanes 1 thru 7. Hand paddles, kick-boards, fins, etc., may not be used at any time during the warm up period. <i>Lane 8 will be designated for the purpose of continuous warm up or cool-down during the course of the meet.</i>	
Entry Fees:	\$2.50 per individual event plus a \$5.00 pool surcharge. Deck entries for individual events will be accepted only until 8:00 AM the day of the meet. The fee for deck entries shall be \$4.00 per individual event plus a \$5.00 pool surcharge . Fees must accompany entries, checks payable to Wisconsin Masters Aquatic Club (WMAC).	
Entry Limit:	5 individual events plus relays. THE 500 FREESTYLE WILL BE LIMITED TO THE FIRST 32 ENTRIES RECEIVED and each swimmer entered in the 500 will be responsible for providing a person to count his/her laps.	
Entry Deadline:	Entries must be in the meet director's hands no later than 6:00 PM Saturday, January 20, 2007.	
Mail Entry to:	Dick Pitman, Meet Director 2729 Commercial Avenue Madison, WI 53704	Phone: (608) 770-2307 e-mail: WIChair@usms.org
Entry Form:	The official entry form must be used, one person per form. The LIABILITY RELEASE must be signed without any alterations.	
Awards:	Masters ribbons for 1st, 2nd, 3rd.	

SCHEDULE OF EVENTS

- | | |
|------------------------|--------------------------|
| 1. 50 yd Breaststroke | 10. 100 yd Backstroke |
| 2. 200 yd IM | 11. 50 yd Freestyle |
| 3. 50 yd Butterfly | 12. 100 yd Butterfly |
| 4. 200 yd Backstroke | 13. 500 yd Freestyle |
| 5. 100 yd Breaststroke | 14. 50 yd Backstroke |
| 6. 200 yd Freestyle | 15. 200 yd Breaststroke |
| 7. 100 yd IM | 16. 200 yd Medley Relay* |
| 8. 200 yd Free Relay* | 17. 100 yd Freestyle |
| 9. 200 yd Butterfly | |

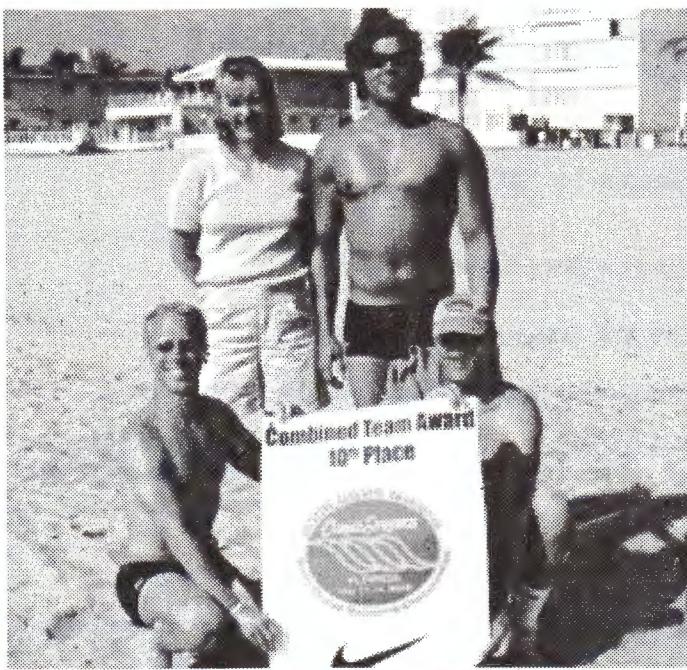
*Relays:

Submit relay entries at the meet. Relays may be all men, all women, or mixed (2 men/2 women)

Directions:

From the North: Take 9th St. Exit off Hwy 41. Right on 9th but proceed immediately into left lane in order to turn left onto Washburn—the 1st stop light. Continue on Washburn to 20th Ave. Right on 20th Ave for 1.5 miles. YMCA will be on your left.

From the South: Take Hwy 44 exit off Hwy 41. Turn left and proceed over Hwy 41 to 2nd set of stop lights. Turn right on Washburn. At first set of lights take a left onto 20th Ave. Travel 1.5 miles on 20th Ave. YMCA will be on your left.



Neil Holland, Julie Van Cleave, Ryan Zahorik, and Coach Fred Russell proudly display the 10th place banner in the combined team division won by a mere 17 Wisconsin Masters Swimmers at the USMS SCY Nationals at Coral Springs, FL, in May. Coach Russell's goal for Federal Way—at least 30 WMAC participants AND another 2 OR 3 higher placing banners!

(Chairman's Column—Continued from page 1)

I would also like to recognize the efforts of **Mark Kaczmarek** who figured out a way to modify the immensely successful USMS brochure, "Could I Be A Masters Swimmer?" The original brochure was created by Doug Garcia, then the Chair of the Marketing Committee. Mark took some liberties with this brochure to show photos of some of our own swimmers: **Melinda Mann** swimming breaststroke at Worlds; the relay team of **Nancy Kranitz, Candy Christensen, Julie Van Cleave, & Laurie Alioto** at Coral Springs; a quartet from Elmbrook; and a scene from Ironman Wisconsin. Yes, there's a photo from LC Nationals in Savannah (2004) with me sitting in front of **John** standing and **Jeanne Seidler** also sitting; the other guy in the foreground just happened to be there—I think he was from Atlanta. **Ray Diederich** was at the meet but missed this photo op. I'm waiting to get approval from our USMS Legal Counsel, Patty Miller, to see if we can use this modified brochure for recruitment purposes in Wisconsin.

Coaches! You can order 2007 USMS Planners for your swimmers from the USMS National Office. They are *free*. All you have to do is send a SASE envelope or pay for postage if you are ordering a bulk amount. I think they are packed 25/bundle. These will encourage your swimmers to keep a personal log!

Extra Links for Helpful Hints

Feel like you could use some extra help with your overall swimming/fitness program? **Joel Rollings** has found a number of websites that contain important information on topics ranging from research, technique based swimming, nutrition, workouts, locating meets around the country, and much more. Here are some of the websites he has gone to that have a lot of information:

Parametrix Training: www.parametrix.org/index.php

Alex Nikitin has done a lot of innovative research that goes on "behind the scenes" in United States Swimming. He has designed the Race Analysis program that USA Swimming records swims with. The site also has numerous articles on a wide range of topics in swimming.

Shane Gould: www.shanegould.com.au/

Shane, an amazing Olympian and an amazing Master's athlete, has transformed herself from a yardage based swimmer to a technique based swimmer.

USA Swimming: www.usaswimming.org

Lots of useful free information including nutrition, article reviews, workout examples, and seasonal planning.

Institute for Clinical Movement Sciences: www.ifkb.nl/

Dutch site (in English) with lots of biomechanical research relating directly to swimming.

International Society for Biomechanics in Sport:

www.twu.edu/biom/isbs/ Biomechanics articles and abstracts pertaining to swimming.

Masters Swimming: www.usms.org

This is OUR site and it contains a wealth of information on all aspects of Masters swimming—links to swim Committee sites, meet results, Top Ten, training, workouts, etc. etc.

Oshkosh Meet Social

Don't forget to include the post meet gathering after the Oshkosh meet January 28. We'll dine at Hudson's. When leaving the YMCA Go EAST on W20th AVE/CR-K toward SOUTH-OAKWOOD RD. (1.53 miles). Turn LEFT onto S. WASHBURN ST. (0.92 miles). Hudson's is located at 1051 S. Washburn St., Oshkosh. It is only 2.45 miles from the YMCA and an estimated driving time of a mere 6 minutes! Plan to be there to enjoy the post meet social!

A Healthier You

Compared with white, red wine, like dark chocolate, provides more antioxidants, in this case from the skin of grapes. Also, alcohol in general can keep platelets from sticking together, possibly preventing blood clots. Moderation is a key, though, as one glass a day appears to be optimal especially for most women.

Switch from green to red—peppers, that is! Red bell peppers have three times more vitamin C than green peppers and are a great source of beta carotene.

Coach's Column

Joel Rollings

A couple of things to play around with during practice is changing the tempo of your kicking. There are a few different kicking tempos used by most swimmers for free and back—the 2 beat, 4 beat, 6 beat, and 8 beat kicks. The kick is timed into the cycle of your stroke, so four kicks within one cycle (two hand hits) is a four beat kick. Most distance swimmers (and there are always exceptions) use a 2 beat or 4 beat kick, while middle distance to sprint will use a 4 beat or 6 beat kick. Eight beat kicks are rarely used except for maybe a 50, and into a finish of a race or into turns. Throughout a race you may need to go to several different kicks from a break out then settling into your race pace and through your turns. An ability to change tempos of your kick, while still keeping the rhythm of your stroke, is a necessity.

When you are looking at the wake patterns after your kick you want to see ribbon like strands of bubbles. Vertical pockets of bubbles generally means too much knee bend and you are punching the water downward (this applies for dolphin kicks as well as the flutter kick). Think of your feet and legs pressing down the front of a wave or water, constant pressure on the water, and finishing with the ankles snapping the water.

Lawrence SC Meter Meet

What is usually one of our most enjoyable meets turned into a major headache on November 4 when difficulties were encountered in getting the pool to measure correctly. The bulkhead, usually set for 25 yards, had to be moved to 25 meters and it took almost 2 hours to get a stubborn bulkhead to move less than one inch to make everything legal. However, perseverance paid off and despite a delayed starting time those participating felt the delay was well worth the wait as this is the *only* short course meter meet offered in the state all year.

Meet entries were down this year for some reason—but those who entered swam well. **Betty Lorenzi, Carol Reinke, Ingrid Stine and Joan Moder** combined for two 280+ relays. They elected to swim the longer relays (400 MR and 400 FR) vs. the shorter 200 meter events. **Edie Jacobsen, Geri Havel, Candy Christenson, and Nancy Kranpitz** received special accolades by swimming all four relays—the 200 MR and 400 FR back to back and the 200 FR and 400 MR back to back. Their combined ages tallied 237—just 3 shy of the next up age bracket. Just wait till next year!

Despite the late start the meet concluded in time for a nice dinner social before everyone hit the road for home. Special recognition to **John Bauman and Jeanne Seidler** who both not only swam but manned the computer system and put up with many headaches to get the meet going. There would have been a LOT of disappointed swimmers had they not made the all out effort to get the pool “legal” as we then would have been swimming totally “just for fun” - no Top Ten, no state, national or potential world records.



Ryan Zahorik competes in his specialty—the breaststroke.

Most of the muscles for the legs originate in the area of the lower back, so the kick should be like a buggy whip carrying through these muscles being amplified out the legs. I've read a few articles recently about how kicking with boards is bad on a number of levels, the most obvious is the tension it puts on the shoulders. It also increases the curvature in the lower back. So now the body is lifted out of the usual swimming plane and it is limiting the area the kick should be originating from.

Some drills that I have been doing are incorporating the changing of tempos into swims. Here is a sample set: 12 x 50 on 1:00 in this order: 2 x 50 swim w/2 beat kick; 1 x 50 2/8 beat kick; f2 x 50 w/4 beat kick; 1 x 50 *over kick* (i.e. all out kick beyond 8 beats and easy arm strokes); 2 x 50 6 beat kick; 1 x 50 2 beat kick; 2 x 50 8 beat kick; 1 x 50 4 beat kick.

Another aspect of kicking that is very important is making sure your kick is balanced on both sides of your body roll. So you have an equal number of kicks on the left and right sides. During your practice you should try to incorporate kick sets on all planes—back, front, right side, and left side.

Another kick set example is 300 swim with 8 kicks on your side, take a single arm stroke and then kick 8 times on your opposite side. Keep rotating from side to side while working on your body alignment. To increase difficulty level change the number of kicks throughout the swim so the tempo fluctuates within the 300. Switching to a slow motion swim will keep the legs engaged with the water at all times as you are trying to balance without the momentum of the swim.

The last kick set that you can do would be a continuous swimming set, where you start by kicking with both hands on the wall, trying to feel the water on the bottom of your feet, then flip, kick 6 kicks on your back, 6 kicks on your side, then easy swimming focusing on the feel of pressing the water down your legs and amplifying out your feet.

Recognizing a Stroke

Remember: S.T.R.

Recognizing the signs of a stroke is perhaps the biggest factor to survival for stroke victims. A neurologist has said that if he can get to a stroke victim within three hours he can totally reverse the effects of a stroke. The trick is getting a stroke recognized, diagnosed, and getting the patient medically cared for with three hours.

Remember S.T.R.

- S. Ask the individual to *smile*.
- T. Ask the person to *talk*, to speak a simple sentence (i.e. It is sunny out today.)
- R. Ask the person to *raise* both arms.

Another "sign" of a stroke: ask them to stick out their tongue. If it is crooked or goes to one side or the other that is also an indication of a stroke. Trouble with any of these tasks....call 911 immediately.

Did you know that **dark chocolate** that is at least 60% cocoa is a concentrated source of antioxidants which protect cells from age-related change? **Milk chocolate** contains significantly smaller amounts. Also, chocolate's fat doesn't raise cholesterol! But, the calories still add up. So nibble an ounce or sip a small cup!

When you replace **white flour** with **whole grain** - in bread, pasta, cereal—it is a strike against aging. The soluble fiber found in oats and barley has been linked to lower levels of insulin and bad cholesterol and the insoluble fiber in whole wheat reduces the risk of gastrointestinal ailment such as diverticulosis. Still think white is for you? Try bread made with the new albino whole wheat. It tastes like the real white thing!



Candy Christenson is flanked by Rowdy Gaines and Dara Torres during a mini clinic with the two former Olympians at the Coral Springs Aquatic Complex at the 2006 SCY National Championships.

An apple has no fat, few calories, lots of soluble fiber, and antioxidants. Potato chips have little nutrient value and are a big source of oil, calories, and salt. Go for foods that come packaged by Mother Nature, i.e. apple (skin) vs. chips (plastic bag, banana (peel) vs. candy bar (wrapper). Benefits to both you AND the environment!